

### Managing Concerns About Falls

**Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, A Matter of Balance: Managing Concerns About Falls is a program for you. Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends.**

**A Matter of Balance can help people improve their quality of life and remain independent. A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.**

**University of Missouri Extension is offering A Matter of Balance: Managing Concerns About Falls in St. Joseph on Mondays starting January 27. The Program is grant subsidized and free for participants. A workbook and refreshments are provided. Please call Kathy Hoffman at 816-324-3147 to register or for more information.**